

on their purses. In the matter of kindness we may all be great, and if the prime minister of one of the greatest nations in the world, a man whose pen and tongue and brain were constantly exercised in behalf of the poor and oppressed, wherever he found them; if the Grand Old Man of England, William E. Gladstone, could find time to leave his pressing parliamentary duties, to carry a bunch of flowers to a little sick crossing-sweeper, shall we not be ashamed to make for ourselves the excuse, "I haven't time to be kind"?

Keeping the Bright Side Out

Selected.

"I don't see how you manage to look so bright and cheerful all the time," said one young housewife to another. "I know you've as much and more than I have to fret and scold about, yet I never see you looking flushed and worried."

"It's habit," was the answer, "I've learned to keep the bright side out. If one of the children is troublesome instead of fretting, as I am inclined to do, I try to recall some particularly good or clever thing they have done lately; then when I am better natured I can think of dozens of ways to interest them, and their peevishness soon disappears. If my husband comes home a little out of sorts I just busy myself as quietly as possible, see that all is done for his comfort, and in half an hour's time he misses my regular chat, and begins to converse in the most entertaining fashion. It's only a matter of tact, my dear."

Pleasant to Live With

The Congregationalist.

"Jane is a very pleasant person to live with," said Mrs. Horton, speaking of her sister-in-law.

I listened to this information believingly, for I knew something of Jane myself. But at the same time I felt sure that if she were really pleasant to live with, it was because she exercised good sense and sound reason in her effort to live agreeably with others.

I noticed that Jane seldom omitted her daily walk. These outings, doubtless, had great power in keeping her temper serene and her feelings fresh and happy. A happy person is generally a pleasant person to live with. But one cannot be happy who is weary, bored, exhausted. In such a state the tendency is to be "difficult," jealous, easily injured. Sometimes Jane went by my house in the morning with a little satchel on her arm. Once I went out to give her a bunch of sweet peas. She told me that she was going for a little excursion.

"I didn't really feel much like it," she said, "but I find that if I do not break up the monotony of life by frequent changes, I get cross."

Wise Miss Jane! As she went gayly down the street sniffing at her flowers, I resolved to follow her example.

I more than half guessed at another of

Jane's ways. I felt sure that she conscientiously refrained from criticising her house-mates. They were not perfect, but they were the persons with whom she spent her days, bound up with her in one social body. One would not purposely injure one's own hand or foot, yet in the body of the family the injury of one is the injury of all. An unkind remark is sure to react upon him who makes it, while at the same time it involves all in the pain that follows.

I have no doubt whatever that one reason of Jane's pleasantness was her good health. But in order to have good health at her age, one must not overtax one's nervous energies. Tho the road might be enticing, I was sure that Jane did not walk so far as to tire herself out. I believe that she did not read at night till her eyes gave out, that she did not sacrifice a week's pleasantness in order that some piece of work might be done at the exact minute determined upon.

Happening once to be in Jane's room, I saw that she had a shelf full of small, helpful books. As I looked at them she told me that she called them her wing strengtheners. When, like a tired bird, her spirit came falling to the earth, a glance at some radiant sentence would set her soaring again. Ah, if Jane was pleasant to live with, there was reason for it. The flowers of human nature do not grow without cultivation.

One special and fragrant pleasantness I must not omit. Jane was given to praising her friends—not unduly, not flatteringly; but their kindness or their cleverness was sure of appreciation from her. Life has many clouds at the best. Deserved praise is natural and necessary as sunshine.

Helpful Knowledge in the Home

Christian Guardian.

We do not think seriously enough of the best method of treatment should any of our loved ones be taken seriously ill; then we are all unstrung, nervous, and too much frightened to help the sufferer. If we would study calmly about each event when all is well, then we could be of real service. To have a medicine chest, with a measuring-glass marked how much to give, and then keep the chest equipped fully with every need, it would be of the greatest comfort. To be prepared for emergencies (if you live miles away from a physician) is one's duty. A life might be saved by prompt help in a severe case of sudden illness. Not every one has a doctor around the corner; hence the necessity of informing ourselves in regard to antidotes for poison, etc.

Mustard and salt-water, with a little soda added, or an active emetic, may be given in cases of emergency, so as to produce vomiting, and eject any poison from the stomach. Nothing is more alarming than to have a case of accidental poisoning. For poisons from alkalies, lead, or mushrooms, use oil and vinegar. It should be given freely. For external poisons, such as poison ivy or plant poison, bathe the affected parts with a

strong solution of borax water, and apply a poultice of tansy leaves, moistened with sweet cream, and keep the system in good condition by taking some cooling, simple medicine.

Sisters' S. C. E.

To My Lord

EMMA V. HOUSER

Thou blessed Lord, how sweet thou art,
Thou hast the power to melt my heart
And take it for thine own.
The power to take all else from me
To fill my heart and mind with thee
With thee and thee alone.

Thou hast the power to change my life
To take all selfishness and strife
Out of this mortal clay.
With love and joy to keep me filled
That here on earth a home may build
Till God shall take away.

Wherever that be, thou hast a part
A light, a star, a guide thou art
To keep me day by day.
A comfort for all troubled souls,
For it is thee that always rolls
Their burdens far away.

Now precious Lord, accept I pray,
These simple words from one who may
Adore and worship thee.
For was thy precious blood not shed,
For my poor soul, that always fled
To thee and thee alone.

Lakeville, Ind.

From the President

In a letter from Sister Augustine I am sorry to learn that a number of the societies have failed to send in their January dues. Dear sisters, is not this neglecting plain duty, Christ's cause? Surely, you are not thus indifferent to the wishes of your best earthly friend. In this your president is not alone in fault. While she may for the time inspire you to greater effort and nobler service, yet she cannot give you the real motive, that abiding zeal which only the Holy Spirit's indwelling can bring. It is, however, the president's duty to urge the members, in a meeting at least a month in advance, to be prompt in paying their dues to the secretary. If any do not respond the secretary should see them personally for their contribution. Let every society that failed to remit in January, collect that amount, together with the July remittance and have it ready to send to Sister Augustine as soon as you receive the blank from her. You'll not fail to enclose also a good free-will offering for the Theological fund which I mentioned last week. Let us be faithful in this and show as much or more concern in the Father's business as in the dealings with our fellow-men. I don't greatly enjoy writing along these lines, but when duty speaks I try to obey cheerfully. If I may be permitted to make a suggestion, I would ask the societies to give much the larger portion of their dues to the Theological fund, or all of it if you choose since the constitution leaves this to your choice. The treasurer tells me that